

# HRC NEWS & VIEWS

Volume 8, Issue 3

March 2012

## DOCTOR'S DAY 2012—MARCH 30

Dr. Judson and Dr. Wyse:

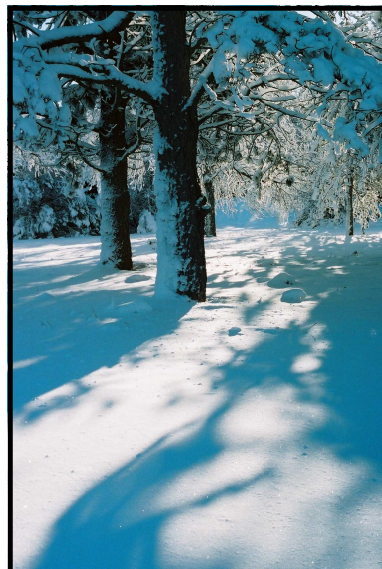
Thank you for the long hours and dedication to the care of our youth. Your commitment is greatly appreciated!



**SO LONG WINTER!**  
**HELLO SPRING!**



Above: Looking South on road west of Building 7.  
Right: Watching sunrise from road west of Building 7.



Photos taken by Sherry Block on 2/5/12

## MARCH OBSERVANCES

International Mirth Month  
National Nutrition Month  
Noodle Month  
Optimism Month  
Peanut Month  
Professional Social Worker Month

1<sup>st</sup> Week - Save Your Vision Week  
2<sup>nd</sup> Week - Procrastination Week  
3<sup>rd</sup> Week - National Poison Prevention Week

3/1 Peanut Butter Lover's Day  
3/2 Read Across America Day / Dr. Seuss Birthday  
3/11 Daylight Savings Time Begins—Set Clocks Ahead !  
3/17 St. Patrick's Day  
3/20 First Day of Spring  
3/30 Doctor's Day



## IT'S BETTER TO BE A 3-LEGGED COYOTE THAN A 4-LEGGED FUR COAT BY MARJ COLBURN

HRC is planning to host Values Coach trainer, John Roberts, on March 27<sup>th</sup>. He will be providing two presentations to staff regarding values and how they impact your life, not only in the workplace, but more importantly in everyday life. This month, I'm using an article written by Joe Tye, Values Coaching founder, that talks about some of the values and realities that will likely be covered in the presentations.



In her book, *The March of Folly*, historian Barbara Tuchman wrote that folly is not necessarily making a mistake, but rather

persisting in the behavior after the nature of the mistake should have been recognized. Why is it that so many people fail to change the attitudes and behaviors that, at least to an objective observer, are so obviously not helping them get where they want to go - in fact, may be preventing them from getting there?

The truth is that many of us are "stuck." We're caught in traps that we often don't even recognize (or choose to ignore), traps which hold us back from realizing our dreams. No matter how hard we push, we just can't seem to get ahead. This is the nature of a trap.

A coyote caught in a trap will gnaw off its leg in order to es-

cape. It instinctively knows that it's better to be a three-legged coyote than a four-legged fur coat. It's willing to go through (relatively) short-term pain in order to gain its long-term freedom.

Contrast the coyote with the monkey. According to a traditional Indian fable, a monkey can be caught by leaving a banana inside a large clay pot that has a very narrow opening at the top. The monkey grabs the banana and struggles to extricate it from the pot as his captors approach. The banana will not fit through the narrow top while wrapped in the monkey's clenched fist. Now the monkey has a choice, doesn't he? He can let go of the banana and escape (hungry but free), or he can hang on to the banana and hope against hope to keep both the banana and his freedom. The monkey takes the second approach, clutching the banana as he attempts to run off, dragging the pot behind. He is, of course, quickly captured.

So many people react to the traps that hold them back just as the monkey did. They envision a goal - financial independence, entrepreneurial success, spiritual equanimity - as being "out there" in front of them somewhere. But they are trapped and either unwilling or unable to, like the coyote, go through the painful process of chewing off a paw (changing spending habits, ending an abusive relationship, quitting

drinking) so they can escape to a better future.

They cling to their "banana" and wonder why they're stuck, why they can't seem to move toward the future they say they wish to create.

Though I've never tried this personally, I've read that if you drop a frog into a pot of boiling water, it will instantly jump out. If, on the other hand, you put the frog into tepid water and gradually turn up the heat to the boiling point, the frog will relax into a fatal stupor. Perhaps that's how we get stuck in our own little traps: we grow so accustomed to the pain that it becomes tolerable, even comfortable, when compared to the risk of making a leap into the unknown.

The keys to escape the traps of life might be simple common sense, but the locks are rarely easy to open. We become so used to our traps, so comfortable in them, that we hardly recognize them for what they are. And we end up sleeping with the frogs.

Some lizards are equipped with a break-away tail; if they are caught in the beak of a predator, they yank so hard that the tail comes off and they can run away, diminished in stature but still alive and free. And before long, they grow a new tail. Perhaps that's an even more apt metaphor than the coyote, because once we escape from our traps, we can usually grow

*(Continued on page 3)*

## WANTED: COACHES, CONTESTANTS AND CHEERLEADERS

BY TONY & CHRIS MARTIN

Are you ready for a change? Well we are looking forward to having Coaches, Contestants and Cheerleaders join our team!

Many of us have made New Years resolutions only to drop the desire to change as the year wears on. Whether we want to lose weight, exercise more or just eat a healthy diet, we lose focus and go back to our old ways. We would like to start a group to help support each other with those resolutions. We think that it would be great to draw help from the great team of people we have on campus and utilize their experience and skills to sup-

port and lead one another to a healthier lifestyle.

There have been some great ideas presented so far, such as on campus marathons where teams or individuals have 30 days to either lose a set amount of weight or walk a set number of miles with some sort of award for success; utilizing the weight room in building 3 or the chapel for some activities. Another idea was a monthly recipe column for News and Views that features healthy low fat, low sugar recipes with a carry-in featuring dishes made from the recipe column.

There are a lot of success stories from staff who have accomplished weight loss that we would like to have them join the team and share their approach and be our motivation.

We welcome your ideas and support. We look forward to you joining the team to gain a better healthier future. We could call ourselves the Healthy Resolutions Club for H.R.C. Interested employees can contact Tony Martin, Chris Martin or Marnie Atkins with your ideas or to join the team.

## NEWS FROM HUMAN RESOURCES

BY CAROLYN BROWN

Human Resources has completed our move. We are still on the ground floor of Building 3, but have moved over by the training rooms. Carolyn is in room 0011, Wanda can be located in Room 0010, and Randy is in Room 0009. These would be the offices that Beth and Suzie once occupied. LaDene is now located in the office that Mr. Baisinger used to be located in. She is on the road a lot, so it would be best to call her number (3117)

and set up an appointment to see her. Please stop down and see us!!!

It seems impossible that Open Enrollment is just around the corner. There will be emails sent out as the date gets closer, so be sure to check your emails often. It is never too early to go into self-service and make sure your password is current so when the time gets closer, you will be ready to jump right in the system and get the Open Enrollment

completed.

Once a year we are offered the opportunity to obtain a zoo membership to Omaha's Henry Doorly Zoo or Lincoln's Folsom Children's Zoo. This year the opportunity runs from February 20 to March 19, 2012. Detailed information and the enrollment forms are available through this link: <http://dhhs.ne.gov/pages/zoo.aspx>.

## IT'S BETTER TO BE A 3-LEGGED COYOTE CONT.....

*(Continued from page 2)*

back whatever we've lost - in fact, more often than not, it will be stronger than the original.

This weekend, why don't you put some thought into your

traps (we all have them). What is the price you will need to pay in order to escape? What is the price you will pay for refusing to escape? What are you waiting for?

**Daylight Savings Time begins**  
**March 11** - set your clock(s)  
forward one hour!





## FROM THE KITCHEN BY MINDY BLAIR

March is National Nutrition Month. It's a great time to re-evaluate your New Years Resolution and make changes to it as needed. With National Nutrition Month, we encourage you to try new foods, incorporate fruit, vegetables, and whole grains into your diet, and make healthier choices when going out to eat. This would be a wonderful time to let your kids help cook in the kitchen as well and allows them to set up a menu for a couple of meals. That way they are helping you cook along with getting the

opportunity to pick what they get to eat.

This month we would like to wish Doug Bonham a Happy Birthday on March 14<sup>th</sup> and Renee Bonds on March 26<sup>th</sup>. We hope that you have a wonderful day and that the next year brings you lots of happiness!



March 25-31 is Health Information Professionals Week. I would like to give a big thanks to Ruth, Pam, and Nancy H for the hard work they do every day to make sure the client medical record is accurate, timely, and complete. I am glad that you are on my team!

Nancy Kinyoun, RHIA, CPEHR  
Health Information Manager

## HOUSEKEEPING UPDATE BY MARY ANN KOCH

February turned out to be a very productive month for Housekeeping. Thanks to everyone's cooperation we were able to get 7 offices waxed. Special thanks go out to Dean and Dave for getting the offices for HR cleaned out so we could wax. Chris, Tony, Travis and Tracy cleaned out the communications room so we could get started on it the first thing in the morning. We would not be able to do this without so much help from all the staff

who have to put up with the inconvenience during these projects. Mindy and I have talked about ways to get the dining rooms waxed, more news on that later. Looking forward to see what we can get accomplished in March!

"Cleaning your house while your kids are still growing is like shoveling the sidewalk before it stops snowing." *Phyllis Diller*



**MARCH 14**  
**REGISTERED DIETITIAN DAY**  
**THANK YOU, LISA SEDLAKI**

## MAINTENANCE NEWS BY CHERI DELAY

If you have been in the HR/Staff Development area of Building 3, you will notice that HR staff have moved into the area previously occupied by Staff Development. This was all accomplished around February 15 with the assistance of maintenance and housekeeping staff. The new office areas work well for HR staff. On February 4, we

received 11 inches of that wonderful white stuff that some people love to see during the winter. Maintenance staff came out over the weekend so there were places for us to park on Monday morning. They did an excellent job of cleaning all the paths that were needed. This storm also was the cause of several large branches being bro-

ken on campus. Maintenance staff have cleaned up the larger branches, and during the week of March 19-23, with the assistance of some of our youth, they plan to pick up the smaller piles that you will see across campus. Good job!!

## HISTORY OF ST. PATRICK'S DAY BY PAM SCHWABAUER

March is here and we all know what that means...."Celebration of "the green" for St. Patrick's Day!!

I looked up the history of St. Patrick's Day and found some interesting information about how this holiday came about. Some of us (including myself) know of St. Patrick's Day but didn't realize how it all came about, so I will share a little history....

Saint Patrick, who lived in the fifth century, is the patron saint and national apostle of Ireland. He was born in Roman Britain. He was kidnapped and brought to Ireland as a slave at age 16. He escaped, but later returned to Ireland and was credited with bringing Christianity to its people. He was believed to have died on March 17, 461. The most well-known legend is that he explained the Holy Trinity (Father, Son, and Holy Spirit) using the three leaves of the native Irish clover, the shamrock. (I always wondered

where the shamrock fit into St. Patrick's Day.)

Since around the 10<sup>th</sup> century people in Ireland celebrated the Roman Catholic feast day of St. Patrick on March 17. However, the first parade to honor St. Patrick did not take place in Ireland, but in the United States on March 17, 1762. Irish soldiers serving in the English military marched through New York City with music. The parade helped soldiers reconnect with their Irish roots as well as with fellow Irishmen serving in the English Army.

Irish Patriotism among American immigrants flourished prompting the rise of the so called "Irish Aid" societies like the Friendly Sons of Saint Patrick and the Hibernian Society. Each group would hold annual parades. In 1848 several New York Irish Aid societies decided to unite their parades to form one official New York City St. Patrick's Day Parade.

Today, people of all backgrounds celebrate St. Patrick's Day, especially in the United States, Canada, and Australia. Also, St. Patrick's day is celebrated in locations far from Ireland including Japan, Singapore, and Russia.

In modern-day Ireland, St. Patrick's Day was traditionally a religious occasion. In fact, up until the 1970's, Irish laws mandated that pubs be closed on March 17...who knew!!

Beginning in 1995, the Irish government began to use interest in St. Patrick's Day to drive tourism and showcase Ireland and today approximately 1 million people annually attend the St. Patrick's Festival in Dublin – a multi-day celebration of parades, concerts, outdoor theater productions and fireworks.

**HAVE A HAPPY ST. PATRICK'S DAY FROM THE WELLNESS COMMITTEE!!!**

**Come all ye staff lads and lasses to enjoy some festive St. Patrick's Day cake and punch in the West Cafeteria on Friday, March 13, 2012 from 1:30 to 3:00 p.m. – May the luck of the Irish be with you always!**

## BEDBUG UPDATE BY JEAN LUTHER

Bedbugs are becoming a common problem all over the world, and we're not immune to becoming infected with these little nuisances. The dorms in the State colleges have been reporting problems, and it is imperative that we are aware of the signs and how we can control them.

An informational article was written for staff with an accompanying quiz to complete. There were 113 quizzes completed. The results were encouraging as 93 employees an-

swered all questions correctly and only 3 missed more than one. I don't know if this is because the test was easy, the material was well written or it's such a timely subject. It is a subject that does get people "itching".

The question asking how to detect an infestation of bedbugs was missed most often. An infestation can be determined by looking for fecal stains on bed sheets and by looking for egg cases, shells and/or stains in crevices on or near the

bed. When you're removing your sheets to put into the laundry you can do a quick check to see if there are any signs on the mattress or on the headboard.

Thanks to all who completed the quiz. In the near future, I will be working with all staff on an Environment of Care Survey to determine their knowledge of emergency procedures and safety.



## MINDFULNESS BY MARY LOU HABERMAN

Mindfulness is one of the recovery tools the youth learn in the Successful Living group. Mindfulness is an evidenced based practice an individual may choose to use in order to reduce anxiety/nervousness and reduce suffering. Internationally, it is used to help people living with addictions, anxiety and chronic pain and has been shown to be helpful for children, adolescents and adults. It can improve serenity and happiness. The mindfulness experience lasts only in the present MOMENT. Repetition and practice are the keys to its longer term effectiveness. Jack Kornfield, a prominent psychologist, defines mindfulness this way:

**Mindfulness  
is  
Paying Attention  
In a  
Particular Way\*  
On  
Purpose\*\*  
In the  
Present Moment  
And  
Non-judgmentally.**

\*\*\**"Particular way"* refers to using one of one's senses (hearing, vision, touch, smell, taste, skin). Attention can be directed to feelings, thoughts, breathing and body movement.

\*\*\**"On purpose"* means choosing to use the tool.

The following definitions are used to help the youth differentiate *judgment from non-judgment (observation)*:

Observation: What **I** see, hear, touch, taste, feel (skin or emotion) believe, think

Judgment: **MY** opinion/criticism of what **I** see, hear, touch, taste, feel (skin or emotion) believe, think

And/or

**MY** opinion/criticism of what **OTHERS** see, hear, touch, taste, feel (skin or emotion), believe, think

More information on-line and at the Hastings Public Library.

## BRAIN EXERCISE QUIZ BY PAM SCHWABAUER

Put your thinking cap on and give this quiz a try. Submit your answers to Pam Schwabauer by March 19. Answers are to be in the correct order for each question:

1. Which body part has the most bones?

- A. Hand
- B. Foot
- C. Skull

2. Which planet is the biggest?

- A. Earth
- B. Venus
- C. Uranus

3. Which country has the most Christians as of 1999?

- A. Brazil
- B. Mexico
- C. France

4. Which toy came first?

- A. Super ball
- B. Hula hoop
- C. Frisbee

5. Which bird is the most dangerous?

- A. Vulture

B. Condor

C. Cassowary

**Good Luck!**

A prize will be awarded!

## YOU'RE A WINNER!

! Thanks to Dave Haase and Sherry Block for cleaning out the Penthouse.

! Thank you so much Linda, Gary, Dean, Dave, Mary Ann and your crew for all of your hard work to get the Human Resource offices moved

! Sandra willingly took the car in

and filled it up with gas so it was ready to go!

! Special thanks to Gary, Dean and Steve for coming out over the week-end of February 4-5 to scoop the 11" plus of snow that covered all the parking and walking areas on our campus. It was really nice to be able to come to work that Monday morning and have a place to park.

! Linda Weber provided technical assistance with the new 2010 software saving frustrated employees valuable time!

Share your appreciation with a co-worker for helping out or completing a task with a written note of thanks. Send an email or note to Corinne Jensen of what the praise is for and who is receiving it.

## 2012 GOVERNOR'S EMPLOYEE RECOGNITION PROGRAM

Preparations are beginning for the 2012 Governor's Employee Recognition Program. In keeping with tradition, the month of October will be declared as "State Employee Recognition Month."

Do you know a co-worker who goes above and beyond in their work? Here is your chance to recognize those people for their special contributions. To download nomination forms, please use the link below: by placing your cursor on the link and pressing the Ctrl button.

[http://dhhs.ne.gov/Pages/hur\\_recognition\\_governorsprogram.aspx](http://dhhs.ne.gov/Pages/hur_recognition_governorsprogram.aspx)

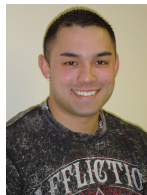
Chinedu Uche, HRC 2011 Employee of the Year, will be submitted as a nomination. All employees are welcome to submit a co-worker for this recognition. **Employee of the Year and Supervisor/Manager of the Year nomination forms are due to Marj Colburn or Corinne Jensen by March 16th.**

### A LITTLE HUMOR

- \* A bath mat is a little rug that wet children like to stand next to.
- \* How much wrapping paper is in a roll? Four inches less than what you need.

## NEW RESPONSIBILITIES BY SHERRY BLOCK

James Schulte accepted a recreation specialist position and will assume those responsibilities on March 12<sup>th</sup>. He has been an HJCDP coach for 2 years.



James was born in South Korea and grew up in Hastings. He served in the Navy for 5 ½ years and during that time was stationed in Florida and Texas. As a physical trainer, he managed fitness and weight loss programs on base and on the ship. He enjoys spending time with his 4 year old daughter, and, when time allows, paint ball and lazer tag.



Taylor Smith, our other new recreation specialist, is originally from Colorado Springs. He came to Nebraska to play football for Hastings College and earned his degree in Health Promotion and Management with an emphasis in exercise

science and coaching. He was a reserve firefighter for the Hastings Fire Department and also worked as an EMT for Rural Metro Ambulance Service for 2 ½ years. He is currently taking paramedic classes at UNK. Taylor and his wife have a 20 month old daughter and are expecting a baby boy in June.

We welcome Taylor to HRC and think he and James will be a good team, challenging the youth and staff with new ideas for recreation and fitness.



Having been an HJCDP coach for 10 months, Brett Hopkins has stepped into a Youth Security Supervisor position. He has a Social Science degree in Secondary Education and is working on his Masters in Special Education at UNK. Brett and his wife, Chrystal, live in Grand Island where he was a teacher for 6 years before coming

to HRC. Their daughter, Jordan, is 2 months old. Brett is looking forward to his new work responsibilities and new experiences. With studies, work and a new baby, there's not much spare time, but as a Nebraska sports fanatic he enjoys following the teams.

Josh Albrecht set the pace for the recreation specialists when he transferred to HRC from YRTC a year ago. He, too, has a new role as a Youth Security Supervisor. Josh was a pitcher on the UNK baseball team and has a degree in Criminal Justice/Psychology. Originally from the city of Wausa, NE, he now lives in Kearney. He likes to fish any time of the year and is a Rockies and Raiders fan.



Brett and Josh are welcome additions to the YS Supervisors team.



## KIDS SAY THE DARNDDEST THINGS

When my oldest daughter was young, she was always prone to ear infections. She was sick again, and my husband and I were talking about the frustration of going to the doctor again. I think that he said that he wasn't a very good doctor. I took Meagan to the doctor and when he walked in the room he asked how she was doing. She replied that her ears hurt and that my Dad doesn't think that you are a very good doctor. He looked up at me and around the room and said, "I guess we can be glad dad didn't come with us today!"

Mary Ann Koch



## MINDFULNESS TIP BY MARY LOU . . .

When you feel anxious, confused, angry, or overwhelmed, try the "half smile" using the mindfulness "recipe". Half smiles use many muscles in your face that are neurologically connected to the happy mood centers of your brain. Remember there is no perfection in mindfulness and a moment only lasts a moment. However, it is a moment of calm and serenity and a moment in contrast to suffering.



Beanie babies, wide variety. Call Mindy @ 3273

\* \* \* \* \*

Will do babysitting, weekends and evenings. Contact Mindy @ 3273.



Exercise buddy at 8:00pm week-nights in the weight room @ HRC. Contact Danita @ 3262

## President's Day is Over – How Much Do You Know About the U.S. Presidents?

CREATED BY CAROLYN BROWN

1. How many U.S. Presidential Administrations have there been?
2. How many U.S. Presidents have been in office?
3. What U.S. President held the office for the shortest time?
4. Who was the longest serving President?
5. Name the six Presidents that died while in office.
6. Of the above six Presidents, which four were assassinated?
7. Name the U.S. President that was the youngest elected to office and the youngest to ever hold office. (This will be two different names).
8. Name the man who started his first term in office that was the oldest age.
9. Name the first president to serve the United States.
10. Name the 12<sup>th</sup> president to serve the United States.
11. Who served as U.S. President after Truman?
12. Who is the current Vice President of the United States?
13. What U.S. President had the nick name of Slick Willie?
14. What U.S. President was the first Inauguration in Washington D.C?
15. Who was the U.S. President that

was the first Catholic to become President of the United States?

Submit your answers in writing to Corinne Jensen by March 19. Each entry submitted with all the questions answered correctly will be entered in a drawing for a prize.

